



Montgomery Farmers' Market

Saturday May 18th; 9 - 12:30pm

Montgomery Elementary School

9609 Montgomery Road

RAIN OR SHINE



Dear Montgomery Farmers' Market Patrons:

We are now into our third week of the season and while it is not yet time for items like melons, tomatoes, and corn, here is what you are missing if you haven't been out to see us: Hummus, Olive Oil, Honey, Meats of all sorts, Fresh flowers, lettuce, kale, baked goods, cheese, asparagus (if you come early enough), weekly music, and ready to eat food to go with locally roasted coffee.

See you Saturday!!

Stuart, Russ, Marian, Christen, Armin, and Marc

Noteworthy Events This Week

CHILDREN'S ACTIVITY:

This year MFM has some mascots - Penny, Prudence, and Penelope peas. Each week these three peas will be playing hide and seek at our market. Come to the Market Manager's Booth and let us know where to find each of them for a prize reward!



Prue, Piper, and Penny Pea

SPECIAL EVENT: The Magic of Worm Castings (10am)

What's the "magic" about worm castings and worms in your garden? Learn how to use worm castings, how to make worm castings "tea," and learn how to build worm castings boxes from the students and teachers at the Lighthouse Community School Garden Project in Madisonville. The Garden Project has been growing for two years to over 3000 square feet in the ground, worm bins, compost, a chicken coop, and an aquaponics project with 45 fish growing with floating rafts of basil, lettuce, and other plants.

FOOD TRUCK OF THE WEEK: BONES BURGERS

[Bones Burgers](#) comes to market this week to offer their juicy burgers made from grass fed, hormone, and steroid free cows. Veggie and salmon burgers are also on the menu!

MUSICIAN OF THE WEEK: Erin Flanigan and the Seed Sowers

COMMUNITY GROUP OF THE WEEK: Montgomery Elementary School

Children from Montgomery Elementary will be at market selling salad greens grown at the school's vegetable garden. Please come support our future farmers and entrepreneurs.

FILM SERIES: INGREDIENTS

Join us for a FREE screening of the documentary Ingredients on Thursday May 23rd from 7 - 9pm at Terwilliger Lodge in Dulle Park. At the focal point of this movement and of this film are the farmers and chefs who are creating a truly sustainable food system. Their collaborative work has resulted in great tasting food and an explosion of consumer awareness about the benefits of eating local. For more information about the film: [Ingredients](#)

Are you the Montgomery Farmers' Market IRON CHEF?

We are looking for three brave folks who would like to face off in a one pot dish cook-off. One Saturday this season (date TBD), we will provide supplies for three market patrons to create one dish of their choosing. Each contestant will be provided \$25 worth of Farmer Bucks to shop the market for ingredients and create their own dish within 60 minutes. Once time is called, our guest judges will score each of the dishes and award a prize to our first ever MFM Iron Chef!

If you are interested in participating in this extremely fun event, please send an email to sperls321@yahoo.com

Profile: Barkz Biscuit Bakery

Barkz Biscuit Bakery believes that dogs should be TREATED with love and compassion for all they do for us. By supplying the highest quality treats, extraordinary customer service, and reasonable prices, they strive to make your dog feel like man's best friend.

Barkz Biscuit Bakery, LLC. was started by Cincinnati sisters and dog lovers Jennifer Bailey and Janette Kuhn. All of their treats are made hard and crunchy to naturally preserve freshness. Treats contain no preservatives and will stay fresh for 7 weeks if kept stored at room temperature, 4 months if refrigerated, or up to one year, if frozen. Jennifer and Janette use all human grade ingredients and they appear on the AAFCO's approved list. Most of their treats are gluten, corn and soy free for doggies with allergies.

2013 SEASON VENDORS

Barkz Biscuit Bakery - All natural home baked dog treats

Bethel Lane Farms - Specialty and vintage produce such as rhubarb, okra, swiss chard, southern style collard, mustard greens, and flowers. ***This week's features:*** Lettuce, radishes, kale, tomato plants, spice blends including "No Salt Added, No Kidding", dried and fresh herbs, dried lavender, iris plants, sedum plants, yucca plants, and Bethel Lane Farms Cookbook "*Farmhouse Feasts in a Land Called Bethel*", black beans, black-eye peas.

Deeper Roots Coffee - Locally roasted premium coffee beans. Fresh coffee by the cup and a variety of teas. Ask about our work for the development of coffee farmers around the world.

Finn Meadows Farm - Organic vegetables, flowers, eggs, and chickens. Pastured meats and homegrown herbs. ***This week's features:*** Lettuce and herbs.

Freida's Desserts - Breads: 9-grain, baguettes, cinnamon swirl, country butter, honey and whole wheat, Irish soda, miche, almond, plain, and chocolate croissants, scones, cinnamon rolls, fruit pies, porcupine butter rolls.

Front Porch Jams - Jams and jellies; Homemade in small batches from homegrown and local fruit when possible.

Haute Chocolate Montgomery's own chocolate boutique featuring "Lisa's brownies," peanut butter buckeyes, chocolate chip, and black and white cookies, and special seasonal treats. ***This week's feature:*** Lisa's Breakfast Brownie in addition to the usual goodies.

Kartal's Honey - Honey from Blue Ash, OH

Good Life Farm - ***This week's features:*** Herb and vegetable plants, tomato plants in 4" pots and 1 gallon pots. Our fresh produce will include 3 types of kale, collards, pac choi, lettuce, salad mix, asian greens, spinach swiss chard and radishes. As always all our products are grown naturally, chemical free and fresh from our farm.

Mt Kofina's Olive Oil - Olive oil from a local family's land in Greece, finished and sold from their shop in Montgomery. Also infused and flavored olive oils. ***This week's features:*** Extra virgin cold press olive oil; Infused olive oil made from the same extra virgin first cold press (4 flavors: mediterranean, citrus, chipotle, and basil); Dipping spice blends (mediterranean and southern blends).

My Artisano Foods - Fresh handmade artisan cheeses. ***This week's features:*** Cheeses made with 2% cow milk (vegetarian) - Paisano

cheese, Herbed paisano cheese with flavors of chipotle, oregano, cilantro. Mediterranean and mediterranean spread cheese, Nata. Cheese made with whole cow milk - Hand stretched cheese, Guyana.

Naturally Yours - Organic baked goods: cookies, muffins, bars, and quick breads. Always at least one vegan product each week. ***This week's features:*** sweet breads: zucchini carrot bread, morning glory bread and maybe lemon poppyseed bread, blueberry muffins, cowboy cookies, bahama bars and oatmeal raspberry bars.

Olde Garden Shack - Fruits and vegetables, fresh cut flowers, and designer hanging baskets. Flowering annuals and perennials. ***This week's features:*** flowers, designer mixed hanging baskets, potted annuals, fruit and veggie plants.

Pine Lane Soaps - Goat's milk soap, puppy suds dog soap, lip balm, lotion bar, bath salts & scrubs, maple syrup, eggs & homemade candy. ***This week's features:*** Maple Syrup, in addition to all our great soaps.

Rice Harvest Farm - Seasonal veggies, salad greens, strawberries, blueberries, peaches, apples, melons. ***This week's features:*** Greens, onions, and maybe even cucumber, squash, and zucchini.

Salatin's Orchard - (JOINING IN JUNE) Fruits and vegetables, fresh cut flowers, apple butter and other apple products.

Streetpops - Frozen treats made from unique combinations of fresh ingredients and unexpected flavors; made with fresh fruit and herbs, using local and organic when possible. ***This week's flavors:*** chocomint, salted caramel, coconut, strawberry lime, blueberry lemon thyme, and pina colada banana.

Summuh Hummus - Artisan-made hummus from organic ingredients, local and fresh whenever possible, in new, creative flavors as well as traditional ones.

TS Farms - Naturally raised meats and produce

Too Sweet Girls Cupcakes - Several varieties of cupcakes each week, all free of preservatives. ***This week's flavors:*** Gluten free vanilla, chocolate, yellow, banana, pumpkin, and a SURPRISE flavor.

Wittmeyer White Oak Farm - Farm vegetables, homemade mustard, summer squash pizza crust! ***This week's features:*** Summer squash pizza crust a new variety made with almond flour. Hot banana pepper mustard, zucchini bread, squash spice cakes, and kale.

Opening on the 2013 MFM Board

Our Current Board:

Stuart Zanger - Stuart and his amazing wife spent the past few years making the best testing granola in Cincinnati, with the Montgomery Farmers' Market being one of the few places you could get Vanishing Granola. Sadly Stuart is taking a hiatus from selling granola, but lucky for our farmers' market that he has decided to take the reins and has done a terrific job in recruiting a wide assortment of vendors for this season.

Russ Speiller - Russ is one of the original founders of the Montgomery Farmers' Market and is now entering his 4th season as a board member. Russ writes this weekly newsletter and will be focusing his efforts this season on community engagement activities, such as our film series, Iron Chef competition, and children's activity. Russ is married with a beautiful daughter who gets to grow up with access to a local farmers' market!

Marian Dickinson - Marian joined the MFM board this year despite never yet having the pleasure of visiting the market. She recently moved back to Southwest Ohio after spending 18 months in Baltimore where she studied public health and worked at the Baltimore Farmers' Market. She and her husband have settled in Montgomery. They eagerly look forward to spending time at the market and getting to know their community neighbors.

Christen Barbercheck - Christen joined the MFM board this year, bringing her immense talents and experience in graphic design and promotion. Christen's day job is graphic design at RDI Marketing in Blue Ash. She also volunteers on the Farm Team for Greensleeves Farm in Alexandria, KY.

Armin Hack - Armin and his wife Melanie are the proprietors of Fredia's Desserts, which makes the most amazing breads, croissants, and other tasty pastries available each Saturday at our market.

Marc Luff - Marc and his wife Claire own and operate Finn Meadows Farm, a 200 acre farm located here in Montgomery, OH. You can't miss Marc as he arrives each week on his tractor bringing the freshest and certainly most local assortment of sustainably grown vegetables to market.

Ken Brinkman - Though not an official board member, Ken has one of the most important duties of all as our weekly market manager. Ken's passion includes his son, childhood education and sustainable agriculture. Ken regularly volunteers at Finn Meadows Farm. Ken succeeds Joan Wells as market manager, meaning that he has big shoes to fill ... and we know that he will fill them nicely!

John LaRoche - Though not an official board member, John deserves a shoutout for designing a kick-ass website: montgomeryfarmersmarket.org

Janet Farist and Valerie Taylor - Two former board members who put a lot of blood, sweat, and tears into setting up our market for success this year. We thank them!!

YOU?? The Montgomery Farmers' Market currently has one spot open for a new board member.

If you are interested, please contact Russ Speiller at spers321@yahoo.com

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